

A Wink worthy nutrient!

Vitamin A is found in foods that are naturally yellow or orange in color like carrots, sweet potatoes and citrus foods. Vitamin A helps you see colors at night!

#VitaminAAllDay



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Optimize those



Proteins are the building blocks of our muscles. Did you know our eyes have muscles too? Eating foods that are high in protein can help keep our eyes healthy and strong.



#ProteinPower

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Eye Healthy Habits:

Give your eyes a break from phone and computer screens. Protect your eyes when you're in the sun.

[#CareForYourEyes](#)

[#EyeNeedABreak](#)



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Eye Healthy Habits:

Stay away from smoking to protect the blood vessels in your eyes from damage. Also, try to get annual eye exams to keep your sight sharp!

[#EyesOnThePrize](#)

[#EyeSeeYou](#)



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